

QUICK DRILL · CBSE CLASS 12

Therapeutic Approaches

Psychology, CI-12 · Chapter 5 · 15 MCQs · 20 minutes · PYQ-tagged with time budgets

DATE	TOTAL MARKS	DURATION	MARKING	TARGET
_____	15	20 min	+1 / 0	≥ 12/15

OBJECTIVES

Reinforce the four core topics of Therapeutic Approaches via 15 PYQ-derived MCQs. Identify weak sub-topics via concept-node IDs (see answer key). Build per-question time budget habit.

INSTRUCTIONS

Attempt all 15. Time budget shown per Q (use it as pacing guide). Mark answers (A/B/C/D) in the margin. Answer key + explanations on the last page. **Don't peek — score yourself honestly.**

SECTION · QUICK DRILL

Q 1-15 · 20 MIN

Q1. Who developed the technique of systematic desensitisation?

- (A) Sigmund Freud (B) Joseph Wolpe
(C) Albert Ellis (D) Carl Rogers

PYQ 2024 · Delhi · 1m · 30s

Q2. In Ellis's ABC model, 'B' stands for:

- (A) Behaviour (B) Belief
(C) Boundary (D) Background

PYQ 2023 · All India · 1m · 30s

Q3. Beck's negative cognitive triad consists of negative views of:

- (A) Past, Present, Future (B) Self, Family, Society
(C) Self, World, Future (D) Body, Mind, Soul

PYQ 2022 · All India · 1m · 30s

Q4. Unconditional positive regard is a core condition of:

- (A) Psychoanalysis (B) Behaviour therapy
(C) Client-centred therapy (D) Biomedical therapy

PYQ 2023 · Delhi · 1m · 30s

Q5. In free association, the client is asked to:

- (A) Recall childhood events in order (B) Say every thought as it arises without filter
(C) Memorise a list of words (D) Choose between two options

PYQ 2021 · Delhi · 1m · 30s

Q6. Transference refers to the:

- (A) Client transferring money to the therapist (B) Client relating to the therapist as if to a past significant figure
(C) Therapist taking on the client's emotions (D) Transfer of patient from one hospital to another

PYQ 2020 · Delhi · 1m · 30s

Q7. A token economy is an application of:

- (A) Classical conditioning (B) Operant conditioning
(C) Free association (D) Dream interpretation

PYQ 2022 · Delhi · 1m · 30s

Q8. Aversive conditioning is most commonly used to treat:

- (A) Phobias (B) Addictions
(C) Depression (D) Hallucinations

PYQ 2024 · All India · 1m · 30s

Q9. Biofeedback teaches the client to:

(A) Read minds

(C) Interpret dreams

PYQ 2023 · Delhi · 1m · 30s

(B) Voluntarily control bodily processes via real-time feedback

(D) Take medication on time

Q10. Logotherapy was developed by:

(A) Carl Rogers

(C) Fritz Perls

PYQ 2022 · All India · 1m · 30s

(B) Victor Frankl

(D) Aaron Beck

Q11. ECT today is administered with:

(A) No anaesthesia, in public wards

(C) Only general counselling

PYQ 2021 · All India · 1m · 30s

(B) Anaesthesia and muscle relaxant

(D) Hypnosis

Q12. Which drug class is used for psychotic disorders?

(A) Anxiolytics

(C) Antipsychotics

PYQ 2020 · All India · 1m · 30s

(B) Antidepressants

(D) Mood stabilisers

Q13. The strongest single predictor of psychotherapy outcome is the:

(A) Therapist's age

(C) Length of treatment

PYQ 2024 · Delhi · 1m · 30s

(B) Therapeutic alliance

(D) Cost of treatment

Q14. Which of the following is NOT a component of rehabilitation?

(A) Social skills training

(C) Family education

PYQ 2023 · All India · 1m · 30s

(B) Vocational training

(D) Aversive conditioning

Q15. Reciprocal inhibition, the principle behind systematic desensitisation, says that:

(A) Two thoughts cannot occur together

(C) Reward cancels punishment

PYQ 2024 · Delhi · 1m · 30s

(B) A relaxed body cannot simultaneously be anxious

(D) Insight requires resistance

ANSWER KEY & EXPLANATIONS

Q 1-15 · MARK YOUR SCORE

Q1. Answer: B

Wolpe (1958) used reciprocal inhibition — pairing relaxation with a graded anxiety hierarchy — to treat phobias.

Q2. Answer: B

B is the BELIEF the person holds about the activating event A — distress flows from B, not from A directly.

Q3. Answer: C

Beck identified three simultaneous negative views — about the SELF, the WORLD, and the FUTURE — as the cognitive core of depression.

Q4. Answer: C

Rogers' client-centred (humanistic) therapy specifies UPR + empathy + congruence as the three growth-producing therapist conditions.

Q5. Answer: B

Free association is Freud's main technique — uncensored speech reveals unconscious content.

Q6. Answer: B

Positive or negative, transference is the re-emergence of an old relational pattern in the therapy room — analysed, it produces insight.

Q7. Answer: B

Tokens are SECONDARY reinforcers earned for target behaviour and later exchanged for primary reinforcers — pure operant conditioning.

Q8. Answer: B

Pairing the undesired habit (e.g., drinking) with an unpleasant stimulus (e.g., a nauseant) weakens the addictive S-R link.

Q9. Answer: B

Sensors display heart rate, muscle tension etc. on a screen; with practice the client learns voluntary control over normally involuntary functions.

Q10. Answer: B

Frankl, a Holocaust survivor, founded logotherapy — the therapeutic search for meaning in life.

Q11. Answer: B

Modern ECT uses brief anaesthesia + muscle relaxant + a controlled current — safe and often life-saving in severe depression and catatonia.

Q12. Answer: C

Antipsychotics (chlorpromazine, risperidone) reduce hallucinations and delusions by blocking dopamine receptors.

Q13. Answer: B

Across schools, the quality of the working bond between therapist and client predicts outcome more reliably than any specific technique.

Q14. Answer: D

Aversive conditioning is a behaviour-therapy technique, not part of the rehabilitation package — which is social-skill + vocational + occupational + family education.

Q15. Answer: B

Wolpe's principle — the incompatible relaxation response is paired with each rung of the anxiety hierarchy, displacing the fear.